

What we claim is:

1. A method of obtaining beneficial biological results associated with caloric restriction comprising administration of a composition containing at least one active agent which blocks metabolism of glucose as a source of energy in cells in glucose metabolism blocking effective amounts to an animal in need thereof.
2. The method of claim 1 wherein the composition contains, as an agent which blocks use of glucose as a source of energy, mannoheptulose.
3. The method of claim 1 wherein the composition contains, as an agent which blocks use of glucose as a source of energy, 5-thio-D-glucose.
4. The method of claim 1 wherein the composition contains, as an agent which blocks use of glucose as a source of energy, 3-O-methylglucose.
5. The method of claim 1 wherein the composition contains, as an agent which blocks use of glucose as a source of energy, an androsugar.
6. The method of claim 5 wherein the composition contains, as

an agent which blocks use of glucose as a source of energy,
1,5-anhydro-D-glucitol.

- 5 7. The method of claim 5 wherein the composition contains, as
 an agent which blocks use of glucose as a source of energy,
 2,5-anhydro-D-mannitol.
8. The method of claim 1 wherein the composition contains, as
 an active agent which blocks use of glucose as a source of
 energy, mannoheptulose.
9. A method of lowering the temperature in body tissue by
 administration of a composition containing at least one
 active agent which blocks use of glucose as a source of
 energy in cells in body temperature lowering effective
 amounts.
10. The method of claim 9 wherein the composition contains, as
 an active agent which blocks use of glucose as a source of
20 energy, 5-thio-D-glucose.
11. The method of claim 9 wherein the composition contains, as
 an active agent which blocks use of glucose as a source of
 energy, 3-O-methylglucose.
- 25 12. The method of claim 9 wherein the active agent which blocks

5

13. The method of claim 12 wherein the active agent which blocks use of glucose as a source of energy is 1,5-anhydro-D-glucitol.
14. A method of claim 12 wherein the compound which blocks use of glucose as a source of energy is 2,5-anhydro-D-mannitol.